



Westport Center for Senior Activities

Winter 2022

Dear Friends and Participants:

The year 2021 taught me a lot about priorities, determination, perseverance, resiliency and optimism. The WCSA transitioned from a senior center without walls throughout the pandemic to a safe haven when we reopened our doors for in-house programming on July 1st. As we continue to work through COVID-19, the staff and instructors are to be commended for being flexible and for doing whatever they could to make you, the participant, feel comfortable, welcomed and at ease. I feel a sense of hope and optimism as our children are now eligible for vaccines and many of those who qualify for the booster shot have already received it. The WCSA will continue to follow all local, state and federal guidelines pertaining to COVID-19. I, personally, want to thank each and every one of you for cooperating and respecting all of the guidelines that have been put in place at the WCSA since we re-opened. As I stated at the beginning of this pandemic, we're in this together and we will get through this together!

I'm excited to share the Winter 2022 Newsletter with you. Program Manager, Holly Betts and Assistant Program Coordinator, Jason Wilson have worked hard to offer you a variety of programs, some challenging, some fun and some just because! Please take time to look through this and register early before classes fill up. Some classes will have limited enrollment so that they can be offered in a safe, socially distanced atmosphere.

I'd like to take this opportunity to thank the entire team at the WCSA for working so hard and for being so committed throughout this past year. During times of uncertainty, everyone rose to the occasion and I am most appreciative. A special shout out to all our wonderful instructors and to our caterer, Creative Culinary for being flexible and adaptable to our needs throughout this year.

To all, I send my heartfelt wishes for a healthy, peaceful, joyous and calmer year ahead.

All the best to you throughout 2022,

Sue

Susan L. Pfister, MSW

Director, WCSA

Registration for Winter 2022 Classes!

January — March 2022

WCSA Phone Directory:

Main Number: 203-341-5099

(answering machine after-hours)

Susan Pfister, MSW, Director:

203-341-5098

Holly Betts, RD, Program Manager:

203-341-5096

Jason Wilson, Assistant Program
Manager: 203-341-1066

Paulina Przybysz, Nutrition

Program and Hello Neighbor

Coordinator: 203-341-5097

Denise Puskas, Administrative

Assistant: 203-341-5095

Felicia Smith, Administrative

Assistant: 203-341-5099



Table of Contents:	Page
Registration Info	2
New programs	3-5
Wellness & Support Groups	5-7
Resources	7
Online Programs & Tech Help	9
Winter Class List	10-15
Registration Form	16

On the following pages, you will see a list of classes offered and their locations. Some classes will be offered in-house and hybrid while others will be listed as Zoom only, or weather permitting as in/outdoors. These classes will be outdoors whenever possible. Registration (see below) is available online at [MyActiveCenter.com](https://myactivecenter.com), by phone 203-341-5099 Monday-Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration and check. Please note: A \$10.00 late fee will be added for anyone registering after Dec. 29 for any class that runs more than six weeks in length. A 2022 Fitness Waiver is required for any exercise class and can be found on our [website](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

*Registration for the Winter Quarter (Jan.—Mar.) will begin for
Westport residents on Monday, Dec. 6.*

Out of town registration will begin on Monday, Dec. 13.

How to Register for Programs Online: MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. Each participant of the WCSA will be issued their own login ID/key tag number. If you register online you will pay for your classes and programs with a credit card. There is a convenience fee of 2.75% to use a credit card. To obtain your MyActiveCenter login ID/key tag number, please contact Felicia Smith, Administrative Assistant, by email at: Fsmith@westportct.gov or by phone 203-341-5099. The link for MyActiveCenter is: <https://myactivecenter.com/>.

How to Contact Us?

The WCSA staff is available by telephone
Monday-Friday from 8:30 AM to 4:30 PM.
203-341-5099

By e-mail: seniorcenter@westportct.gov

The quarterly newsletter is available at:
www.westportct.gov/seniorcenter Search us on

Facebook by typing in

Westport Senior Center or click here:



January – March 2022



New Programs

To Register Online: www.myactivecenter.com



Boxing 101

Boxing 101 is an intro to exercise/martial arts course in basic boxing technique. Those attending will learn the fundamentals: stance, footwork, and how to throw proper punches. The class will also include a typical boxing workout which can improve overall strength, stamina, balance and focus. Instructor Daniel Lewis is a Westport native and has been boxing since childhood. Daniel received his training from professional boxers including Adam Copeland and John Steele. This is NOT a class for people with Parkinson's Disease. **See page 10 for details.**



Strength, Stretch & Core

This class will focus on total body and core strength. The class will start with a 10-minute warm-up. This will be followed by work to improve strength, balance and movement. We will focus on exercises to strengthen the major muscles of the core and arms. Our workout will finish with a cool down followed by stretching, to help maximize our functional movement. This class will use machines, free weights and bands. You will leave feeling stronger and energized! Instructors: Beth Dalen, Karen Liss, Judy Samuels. **See pages 11 and 12 for details.** Limit 8.

Cardio, Stretch & Mobility

This class will help focus on your cardiovascular and respiratory systems as well as your coordination. During class you will work on the muscles used to maintain stability while walking, standing, or extending your legs away from your body. Participants will use the fitness equipment to increase their cardio-vascular health and energy to participate in daily activities. Instructors: Karen Liss, Beth Dalen. **See page 10 for details.** Limit 8.



Managing Parkinson's Disease

This 24-week program will consist of three-week segments of exercise for the Parkinson's Disease patient. Following, there will be one to two weeks of programs that include nutrition, financial and Medicare planning, strategies to reduce stress, brain exercises, speech improvement, and managing and coping with changes in activities of daily living (ADL's). The exercise class will use **Kinima.fit**, a new software exercise training program. This class is sponsored by the American Parkinson's Association (APDA), Connecticut Chapter (www.apdaparkinson.org/connecticut). **Caregivers are invited to attend non-exercise sessions.** Instructors: Paula Schooler, staff and guest speakers. **See page 11 for details.** Limit: 14 for exercise sessions.



Ukulele/Intermediate Level: Intermediate Ukulele is for those who already know how to play the uke *and* wish to continue to build their ukulele skills. Learn to strum more consistently and pick more precisely. Play, sing and have fun! Instructor: Uncle Zac.

See page 13 for details.



Beginners Bridge 1– Part II *: This is a continuation of Beginners Bridge I from the Fall, 2021 quarter. Beginners Bridge I is required before taking Beginners Bridge Part II. *The class will continue to use the Knack Bridge for Everyone book by D. Crisfield.* Instructor: Diana Sussman. **See page 15 for details.**

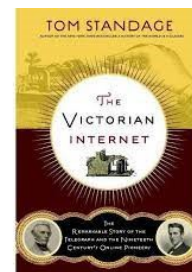
Intermediate Bridge*: Learn ways to find better contracts, how to handle interference with more advanced play and defense techniques. This level is for players who have taken the Beginner 1 and Beginner II course and for those who have experience playing duplicate and want to improve their game. *The class will continue to use the Knack Bridge for Everyone book by D. Crisfield.* **See page 15 for details.**

***Open Play For Bridge Instruction Class Participants**

Although Bridge instruction does not run for the entire quarter, participants may use the Bridge room (Bays 4&5) on days when there is no instructor.

Book Discussion with Art Gottlieb: *The Victorian Internet: The Remarkable Story of the Telegraph and the Nineteenth Century's Online Pioneers*

Written in 1998 by Tom Standage, this book discusses the development and uses of the electric telegraph during the second half of the 19th century and the similarities the telegraph shared with the Internet of the late 20th century. Art Gottlieb, LCSW, is a social worker, counselor and lecturer at senior centers and assisted living facilities throughout lower Fairfield County and Westchester County. Paperback books may be purchased from the WCSA for \$13.00. *(Please order no later than Mon. Dec. 27)* The Kindle and audio books are available through Amazon or Barnes & Noble. (ISBN#978-1-62040-592-5). Westport residents can obtain a free digital copy with Hoopla through the Westport Public Library. Instructor: Art Gottlieb **See page 14 for details.**



January – March 2022



New Programs

To Register Online: www.myactivecenter.com



Writing From Prompts: Join Westport Poet Laureate Diane Lowman for an eight-week series on the craft of writing. Each week, participants will learn about and practice a specific writing skill by writing in response to a wide variety of prompts. You will read your work together and provide each other with feedback.

See page 14 for details.



Shakespeare Discussion Group: William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of three of his plays: ***Othello, Twelfth Night, and Romeo and Juliet.*** Shakespeare Scholar (and Westport's Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. Participants are asked to bring a copy of the play with them to class. *Please note: This is not a lecture series; participants should have at least some familiarity with each play.* Diane received her M.A. in Shakespeare Studies from the University of Birmingham's Shakespeare Institute in Stratford-Upon-Avon. **See page 14 for details.**



Wellness & Support Groups

To Register Online: www.myactivecenter.com

Let Go of Stress & Tension: Let Go of Stress and Tension is a workshop facilitated by Deirdre Ekholdt, LCSW. Stress and tension take a toll on the body and mind, but you can learn to let go and relax. You will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation.

See page 14 for details.

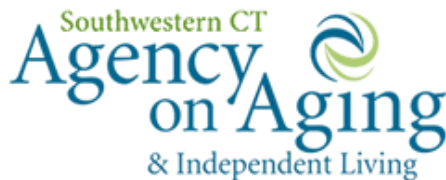
Just for Women: This group will be an open forum for discussion of issues or challenges that participants may be facing in their life, and share in a supportive atmosphere. Personal stories will remain strictly confidential. Channe Fodeman, LCSW will facilitate. Channe specializes in clinical social work in Fairfield County and has over 46 years of experience in the field.

See page 14 for details.

January – March 2022

Wellness & Support Groups

To Register Online: www.myactivecenter.com



SWCAA Caregiver Support: Terry Giegengack, MSW, will facilitate this caregiver support group for participants to share their challenges and successes when caring for a loved one. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Department of Human Services.

She is a graduate of Fairfield University with a Master's Degree in Counseling and Continuing Education. Please contact Holly Betts, Program Manager at 203-341-5096 or via email: hbetts@westportct.gov to register. **This program is supported by a grant from the Southwestern Connecticut Agency on Aging (SWCAA).** See page 14 for details.

Alzheimer's Support: The purpose of early-stage support groups is to provide a safe, supportive environment of peers who are living in the early stages of Alzheimer's Disease or related dementia and their care partners. These groups offer dementia-related education, emotional support and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is for people living with Alzheimer's Disease or other dementia and are in the early stage of the disease. "Early stage" refers to people of any age with Alzheimer's Disease or other dementia, who are in the beginning stage of the disease. In the early stage of Alzheimer's, most people function independently with limited support from a care partner. To register for this group, please contact Heather Gately with Home Instead Senior Care at 203-833-9924. See page 14 for details.



Parkinson's Support: Facilitated by Maureen Matuszewski and Alison Smith, this group will share challenges, techniques, support and knowledge related to Parkinson's Disease. Professional guest speakers are often invited to share their knowledge. Family and caregivers are

welcome. See page 14 for details.

January – March 2022

Wellness & Support Groups

To Register Online: www.myactivecenter.com



Happiness Through Mindfulness Meditation: Learn how to face and transform stress, pain and illness, manage anxiety and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness and compassion. Facilitator: Dr. Paul Epstein. **See page 14 for details.**

Senior Resources



Medicare

CHOICES: Medicare Information: CHOICES helps Connecticut's older adults with Medicare understand their insurance plans and health care options. Volunteers will provide information (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related State & Federal programs. The WCSA has CHOICES volunteers for both virtual and in-house appointments. **Please call 203-341-5099 to schedule a virtual or in-house appointment.**



AARP Tax Prep: Income Tax Assistance

AARP Tax-Aide was established to help seniors with middle to low-incomes complete their tax returns. Trained volunteers can assist you with both your Federal and State 2021 returns. Counselors will be available by appointment only. **It is important to bring all of your income expense documents, as well as, a copy of last year's return with you.** Appointments will be available Wednesday, January 26 through April 13, from 9:00 AM to 3:30 PM and Thursday, January 27 through April 14 from 12:30 to 3:30 PM. **The phone number to make an appointment will be made available closer to January, 2022.**

January — March 2022

Senior Resources



"HELLO, NEIGHBOR!" CONNECTING NEIGHBORS ACROSS WESTPORT: The Department of Human Services and the WCSA offer a community program that connects caring volunteers with Westport seniors. "Hello, Neighbor" provides a warm community connection through weekly phone calls, encouraging fellowship, and combating loneliness. Phone calls are purely social and conversational. Get to know your neighbors! We are all in this together. Once paired, you can establish a mutually convenient time to chat with your volunteer partner.

In addition, Westport seniors wishing for assistance with basic grocery runs now have a reliable and safe delivery option with a caring neighbor's help. No apps or membership fees, just simple acts of kindness to help when needed! Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. To register for this program, or learn more, please call Nutrition Program Coordinator, Paulina Przybysz at (203) 341-5097 or by email: Pprzybysz@westportct.gov. If you know a Westport senior who would benefit from a friendly conversation, please let them know that many Westporters are ready to chat!

Municipal Agent for the Elderly, Kristen Witt, LCSW, will visit the WCSA to talk with our seniors and offer assistance and information. Municipal Agents assist elders within their towns by disseminating information regarding the available community resources and potential benefits. They make referrals to a wide variety of services and benefit programs, and help older adults apply for government programs. Kristen brings 25 years of experience advocating for our seniors. She attended Westport schools and received her Bachelor's Degree in Social Work from Concordia College, a Master's Degree in Social Work from Fordham University and is a Licensed Clinical Social Worker. To make an appointment, please call Kristen at 203-341-1050 or you may contact her via email: kwitt@westportct.gov.

The WCSA will be closed for the following holidays:



Mon. Jan. 17 — Martin Luther King, Jr. Day



Mon. Feb. 21 — President's Day

The WCSA YouTube Channel Offers Classes, Concerts & Programs



Check out the WCSA YouTube channel featuring fun and educational activities. Unlike Zoom, you only need access to the internet to participate in a variety of free classes, documentaries and fun activities. Many of the Friday afternoon Friends' concerts and other past programs can be found on our YouTube channel. You'll even recognize some of our own instructors including **Shelley Moll with Aerobic Chair class**, **Ruth Sherman with Parkinson's Fitness** and **Dr. Paul Epstein with Mind as Healer**. Simply click on the link below and it will take you to the WCSA's YouTube channel. Once there, click on "Playlist" to see offerings. **WCSA YouTube Channel:** <https://bit.ly/3eGnAPR>. You can access YouTube by typing www.youtube.com

Channel 79 Optimum: **Exercise Your Mind & Body with Patty Kondub:** Exercise instructor Patty Kondub will be conducting a fun exercise class on Westport Public Access TV Channel 79, and Channel 6020 (Frontier customers), **Friday mornings from 10:00 to 11:00 AM**. Join Patty for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. Patty is the Staples High School Girls Golf Coach and teaches water aerobics at the Westport-Weston Family YMCA. Sponsored by the Friends of the WCSA.



Weekly Documentaries



Weekly Documentaries Shown In-House: Every Wednesday the WCSA shows a free documentary! A list of the current month's documentaries can be found in our weekly Constant Contact email newsletter. Each documentary starts at 2:30 PM. Ending time depends on the length of the film. Pre-registration is required.

Computer/Tech Help

Friday Tech Help: Are you confused about your tech device? Our team of tech volunteers will assist with your computer tech questions such as signing in, password re-set, downloading and uploading files. **Volunteers are available for 1/2 hour appointments on Friday from 3:15 to 4:15 PM. Appointments are required and can be made by calling 203-341-5099.**

Online Tech Help With The SMORES: SMORES stands for **S**ocial **M**edia **O**utreach **E**ducators and is comprised of Staples High School students. The SMORES are available to help those who may struggle with electronic devices - particularly cell phones, iPads, and social media sites such as Facebook and Instagram. **For an appointment, please contact Assistant Program Coordinator, Jason Wilson at 203-341-1066.**

Westport Center for Senior Activities, Winter 2022 Classes January — March

The WCSA is pleased to offer classes on Zoom and at the WCSA! **To register for any of the classes listed below**, the WCSA offers online registration at www.myactivecenter.com. Staff will also help you register over the phone. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come, first served basis. Registration is ongoing throughout the quarter. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: [Click Here](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter)

WCSA Classes Winter 2022: Exercise/Fitness	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Balance, Boxing and Bands, Thurs. 1:15-2:15 pm. <i>Limit 10</i>	\$52	Judy Samuels	1/6-3/31	In house	13	
Boxing 101 Tues. 3:00-4:00 pm. <i>Limit 8</i>	\$52	Dan Lewis	1/4-3/29	In-house	13	
Cardio Strength Fri. 9:30-10:30 am <i>Limit 10</i>	\$44	Shelley Moll	1/7-3/25	Hybrid	11	2/18
Chair Aerobics Thurs. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	1/6-3/31	In-house	13	
Chair Aerobics Tues. 9:30-10:15 am. <i>Limit 24</i>	\$26	Shelley Moll	1/4-3/29	In house	13	
Cardio, Stretch & Mobility Mon. 3:15-4:15 pm. <i>Limit 8</i>	\$36	Beth Dalen	1/10-3/28	In-house	9	1/17,2/21 2/28
Cardio, Stretch & Mobility Wed. 1:45-2:45 pm. <i>Limit 8</i>	\$52	Karen Liss	1/5-3/30	In-house	13	
Cardio, Stretch & Mobility Thurs. 1:00-2:00 pm. <i>Limit 8</i>	\$48	Beth Dalen	1/6-3/31	In-house	12	2/24
Dance & Stretch Tues. 1:00-2:00 pm. <i>Limit 14</i>	\$44	Sandy Adamczyk	1/11-3/29	In house	11	3/15
Essentrics/Gentle Stretch Mon. 11:00 am-12:00 pm. <i>Limit 10</i>	\$44	Dyan DeCastro	1/3-3/28	Zoom	11	1/17,2/21
Functional Fitness Mon. 10:30-11:30 am. & 12:30-1:30 pm. <i>Limit 8</i>	\$44	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
Functional Fitness Tues. 9:00-10:00 am. & 11:00 am -12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	1/4-3/29	In house	13	
Functional Fitness Wed. 10:30-11:30 am. & 12:30-1:30pm. <i>Limit 8</i>	\$52	Shelley Moll	1/5-3/30	In house	13	
Functional Fitness Thurs. 8:45-9:45 am., 10:00-11:00 am 11:00 am-12:00 pm. <i>Limit 8</i>	\$52	Judy Samuels	1/6-3/31	In house	13	



Westport Center for Senior Activities

Winter Classes January — March 2022

All Classes Require Pre-registration

WCSA Classes Winter 2022: Exercise/Fitness	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Functional Fitness Fri. 10:30-11:30 am. <i>Limit 8</i>	\$44	Shelley Moll	1/7-3/25	In house	11	2/18
Functional Fitness Fri. 12:30-1:30 am. & 2:00-3:00 pm. <i>Limit 8</i>	\$48	Karen Liss	1/7-3/25	In house	12	
APDA Managing Parkinson's Disease Fri. 1:15-2:15 pm. <i>Limit 14</i>	\$0	Paula Schooler,RN	1/7- 6/24	In house	24	4/18
Mind & Muscle Wed. 1:00-2:00 pm. <i>Limit 24</i>	\$0	Patty Kondub	2/2-3/23	In house	8	
Muscle & Tone Mon. 11:30-12:30 pm. <i>Limit 8</i>	\$44	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
Muscle & Tone Wed. 11:30-12:30 pm. <i>Limit 8</i>	\$52	Shelley Moll	1/5-3/30	In house	13	
Muscle & Tone Fri. 11:30-12:30pm. <i>Limit 8</i>	\$48	Karen Liss	1/7-3/25	In house	12	
Muscle & Tone Tue. 10:00-11:00 am. <i>Limit 8</i>	\$52	Judy Samuels	1/4-3/29	In house	13	
Parkinson's Fitness Wed. 10:15-11:00 am. <i>Limit 24</i>	\$0	Ruth Sherman	1/5-3/30	In house	10	1/26,2/23, 3/23
Pilates Mat for Strength and Flexibility Tues. 10:30-11:30 am. <i>Limit 18</i>	\$52	Charlene Erwin	1/4-3/29	In house	13	
Pilates Mat for Strength and Flexibility Thurs. 10:30-11:30 am. <i>Limit 18</i>	\$52	Charlene Erwin	1/6-3/31	In house	13	
Rise & Shine Yoga Sat. 8:45-9:45 am.	\$48	Paula Schooler,RN	1/8-3/26	Zoom	12	
Strength Training Mon. 1:00-2:00 pm.	\$36	Sandy Adamczyk	1/10-3/28	Zoom	9	1/17,2/21 3/14
Strength Training Wed. 2:30-3:30 pm.	\$44	Sandy Adamczyk	1/12-3/30	Zoom	11	3/16
Strength Training Fri. 10:00-11:00 am. <i>Limit 14</i>	\$40	Sandy Adamczyk	1/14-3/25	In house	10	3/18
Strength,Stretch & Core Mon. 2:00-3:00 pm. <i>Limit 8</i>	\$36	Beth Dalen	1/10-3/28	In-house	9	1/17,2/21 2/28
Strength, Stretch & Core Wed. 3:00-4:00 pm. <i>Limit 8</i>	\$52	Karen Liss	1/5-3/30	In-house	13	



Westport Center for Senior Activities

Winter Classes January — March 2022

All Classes Require Pre-registration

WCSA Classes Winter 2022: Exercise/Fitness	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Strength, Stretch & Core Thurs. 2:15-3:15 pm. <i>Limit 8</i>	\$48	Beth Dalen	1/6-3/31	In-house	12	2/24
Tai Chi Advanced Tues. 2:30-3:30 pm. <i>Limit 10</i>	\$52	Mari Lewis	1/4-3/29	Hybrid	13	
Tai Chi Advanced Fri. 11:15-12:15 pm. <i>Limit 10</i>	\$48	Mari Lewis	1/7-3/25	Hybrid	12	
Tap Dancing Thurs. 1:00 - 2:00 pm. <i>Limit 12</i>	\$44	Sandy Adamczyk	1/13-3/31	In house	11	3/17
Weights in Motion Mon. 9:30-10:30 am. <i>Limit 10 in house</i>	\$44	Shelley Moll	1/3-3/28	Hybrid	11	1/17,2/21
Yoga for Movement Disorders Tues. 11:15-12:15 pm <i>Limit 12</i>	\$52	Paula Schooler, RN	1/4-3/29	In house	13	
Yoga for Strength & Relaxation, Rejuvenation Sat. 10:00-11:00 am.	\$48	Maria Vailakis-Wippick	1/8-3/26	Zoom	12	
Yoga Very Gentle, Chair Sat 11:15-12:15 pm.	\$48	Maria Vailakis-Wippick	1/8-3/26	Zoom	12	
Yoga For Wellbeing Tues. 7:45-8:45 am. <i>Limit 12 in house</i>	\$52	Paula Schooler, RN	1/4-3/29	Hybrid	13	
Yoga, Total Health Mon. 8:45-9:45 am. <i>Limit 14 in house</i>	\$44	Denise O'Hearn	1/3-3/28	Hybrid	11	1/17,2/21
Yoga, Total Health Wed. 8:45-9:45 am. <i>Limit 14 in house</i>	\$52	Denise O'Hearn	1/5-3/30	Hybrid	13	
Yoga, Total Health Fri. 8:45-9:45 am. <i>Limit 14 in house</i>	\$48	Denise O'Hearn	1/7-3/25	Hybrid	12	
Yogalates Thurs. 11:40-12:40 pm. <i>Limit 8</i>	\$52	Jeannie Labate	1/6-3/31	Zoom	13	
Zen Flow Wed. 9:30-10:30 am. <i>Limit 10 in-house</i>	\$48	Shelley Moll	1/5-3/30	Hybrid	12	2/16
Zumba Gold Wed. 10:30-11:30 am.	\$52	Karen Liss	1/5-3/30	Zoom	13	



Westport Center for Senior Activities

Winter Classes January — March 2022

All Classes Require Pre-registration

WCSA Classes Winter 2022: Art & Music	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Abstract Art Mon. 1:30-3:00 pm. <i>Limit 10</i>	\$44	Althea Erikson	1/3-3/28	In house	11	
3-D Origami w/Nor Wed. 10:00-12:00 pm.	\$10	Nor Smitobol	1/5-3/30	In house	13	
Beading/Jewelry/Stained Glass-Open Art Fri. 10:00-12:00 pm.	\$0	Nor Smitobol	1/7-3/25	In house	12	
Bringing the Outdoors In Thurs. 1:00-2:00 pm. <i>Limit 20</i>	\$44	Chris Goldbach	1/6-3/31	Zoom	11	1/27,2/24
Drawing Flowers Tues. 1:00-3:00 pm. <i>Limit 18</i>	\$24	Dick Rauh	2/22-3/29	Zoom	6	
Drawing Mixed Levels Thurs. 4:00-6:00 pm. <i>Limit 20</i>	\$44	Chris Goldbach	1/6-3/31	Zoom	11	1/27,2/24
Knit One Nibble One Tues. 1:00-3:00 pm	\$0	Ellen Lane	1/4-3/29	In house	13	
Mastering the Medium Fri. 1:30-3:30 pm. <i>Limit 12</i>	\$44	Linda McKie-McCellan	1/7-3/25	In house	11	3/25
Open Craft Wed. 1:00-3:00 pm.	\$0	Jean Handy	Every Wed.	In house	13	
Open Art w/Nor Thurs. 10:00-12:00 pm.	\$0	Nor Smitobol	Every Thurs.	In house	13	
Tom's Open Art Tues. 10:00-11:00 pm.	\$0	Nor Smitobol	Every Tues.	In house	13	
Ukulele Intermediate Level Tues. 12:30-1:30 pm. <i>Limit 9</i>	\$52	Uncle Zac	1/4-3/29	In house	13	
Working with Watercolors Fri. 10:00-12:00 pm. <i>Limit 12</i>	\$32	Lisa Arnold	1/7-3/4	In house	8	2/4





Westport Center for Senior Activities

Winter Classes January — March 2022

All Classes Require Pre-registration

WCSA Classes Winter 2022: Discussion Groups	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Alzheimers Support/Early Onset Tues. 11:00-12:00 pm. <i>Limit 15</i>	\$0	Heather Gately	1/11, 2/8, 3/8	In house	3	
SWCAA Caregiver Support Wed. 10:00-11:00 am <i>Limit 15</i>	Donations accepted	Terry Giegengack	1/5, 1/19, 2/2, 2/16, 3/2, 3/16	Zoom	6	
Contemporary Issues Mon. 10:30-11:30 am.	\$0	Art Gottlieb	1/3, 1/24, 2/7, 2/28, 3/7, 3/21	Zoom	6	
Current Events Tues. 10:45-12:00 pm. <i>Limit 14</i>	\$0	Jon Fox	1/4-3/29	In house	13	
Happiness through Mindfulness Meditation Thurs. 11:15-12:15 pm. <i>Limit 20</i>	\$0	Dr. Paul Epstein	1/20-2/24	In house	6	
Just for Women Thurs. 3:00 - 4:00 pm.	\$0	Channe Fodeman	1/6, 1/20, 2/3, 2/17, 3/3, 3/17	Zoom	6	
Letting Go of Stress Wed. 1:30-2:30 pm. <i>Limit 15</i>	\$0	Deidre Ekholdt	1/5, 2/2, 3/2	In house	3	
Parkinson's Support Wed. 10:15-11:00 am.	\$0	Maureen Matuszewski & Alison Smith	1/26, 2/23, 3/23	Zoom	3	

WCSA Classes Winter 2022: Writing/Literature	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Book Discussion - <i>The Victorian Internet</i> Wed. 10:30-11:30 am. Book add'l \$13.00 <i>Limit 14</i>	\$24	Art Gottlieb	1/12-2/16	In house	6	
Shakespeare Discussion Group: Mon. 10:30-12:00 pm. <i>Limit 12</i>	\$12	Diane Lowman	1/10, 2/7, 3/7	In house	3	
Shelf Awareness Book Club Wed. 2:00-3:30 pm. <i>Limit 12</i>	\$0	Jill Meyer	1/12, 2/9, 3/9	In house	3	
Writing From Prompts Tues. 1:30-3:00 pm. <i>Limit 12</i>	\$32	Diane Lowman	1/4-2/22	In house	8	



Westport Center for Senior Activities

Winter Classes January — March 2022

All Classes Require Pre-registration

WCSA Classes Winter 2022: Language/Games/Tech Help	Cost	Instructor	Dates	Location	Total Sessions	No Class Dates
Majong (Includes 2021 Card) Mon. 1:45-3:00 pm. <i>Limit 16</i>	\$55	Shelley Moll	1/3-3/28	In house	11	1/17,2/21
BINGO Thurs. 1:15-2:30 pm.	\$0	Doug Brill	Every Thurs.	In house	13	
Bridge One Part II Tues. 1:00-2:30 pm. <i>Limit 16</i>	\$28	Diana Sussman	2/15-3/29	In house	7	
Bridge Intermediate Wed. 2:30-4:00 pm. <i>Limit 16</i>	\$40	Michael Hess	1/5-3/9	In house	10	
French Conversational Wed. 10:30-11:30 am. <i>Limit 10</i>	\$52	Nell Mednick	1/5-3/30	In house	13	
French Intermediate Wed. Noon-1:30 pm. <i>Limit 10</i>	\$52	Nell Mednick	1/5-3/30	In house	13	
Spanish, Beginners Thurs. 2:30-4:00 pm. <i>Book Add'l \$28.00 Limit 10</i>	\$52	Nell Mednick	1/6-3/31	In house	13	
Tech Club Fri. 3:15-4:15 pm.	\$0	Volunteer	1/7-3/25	In house	10	2/18, 2/25

WINTER TRIVIA

1. What is the shortest day of the year called?
2. What is the coldest state in the United States of America?
3. How many sides do snowflakes have?
4. Is it possible for snow to fall over a desert?
5. The most snow to fall within 24 hours ever recorded was 76 inches. Where was this?
6. Which city in the United States became the first US city to host the Winter Olympics twice?
7. Where is the snowiest place in the United States?



1. Winter solstice 2. Alaska 3. Six 4. Yes 5. Silver Lake CO. 6. Lake Placid 7. Stampede Pass, WA.

The Westport Center for Senior Activities

Registration Worksheet

Winter 2022

Registration for the Jan. 3 - Mar. 31, 2022 semester can be done on myactivecenter.com, by calling the WCSA at 203-341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 2.75%. Phone registrations will be available from 8:30 AM to 4:30 PM, Monday through Friday. Please do not leave your registration requests on the answering machine as they will not be honored. *Please note: A \$10.00 late fee will be added for anyone registering after December 29 for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? ____ Yes ____ No Date: _____

*Email address: _____

**Required for all online classes*